

# Youth Classes

## ACTING ON CAMERA

Learn acting from a professional actor and comedian. We will work on auditioning for commercials on TV shows. Students will also learn improv and character development. All participants will receive a copy of their work. \$20 material fee due at first class.

Gordon, Marc		Murdy Community Center Hall A			
2118.300	7yrs 5mths to 10yrs	7/9 - 7/23	9:15am-10:45am	Sa	\$79
2118.301	11yrs to 15yrs	7/9 - 7/23	11:00am-12:30pm	Sa	\$79
2118.302	7yrs 5mths to 10yrs	7/30 - 8/13	9:15am-10:45am	Sa	\$79
2118.303	11yrs to 15yrs	7/30 - 8/13	11:00am-12:30pm	Sa	\$79
2118.304	8yrs to 14yrs	6/20 - 6/23	10:00am-12:00pm	M-Th	\$125

## ART: CLAY ADVENTURES

Learn how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring and slab building. We will decorate them with under glazes. All pieces will be glazed and fired. Aprons will be provided. \$20 material fee due at first class.

Henry, Lucia			Art Center Studio		
5200.303	6yrs to 12yrs	7/9 - 7/30	10:00am-11:30am	Sa	\$75
5200.304	6yrs to 12yrs	8/6 - 8/27	10:00am-11:30am	Sa	\$75
<b>*\$68 HBAC Members</b>					

\*\$68 HBAC Members

## ART: INTRO TO PAINTING FOR KIDS

Exploring various painting and printmaking techniques, students will use a variety of wet media, including inks, watercolor, tempera and acrylic to make works of art that build paint-handling techniques while exploring creativity, aesthetics and personal expression. Materials List. Pre-registration required. \$12 material fee due at first class.

Oquist, Courtney			Art Center Studio		
5329.301	7yrs to 11yrs	6/21 - 7/12	4:00pm-5:30pm	Tu	\$74
5329.302	7yrs to 11yrs	7/19 - 8/9	4:00pm-5:30pm	Tu	\$74
<b>*\$67 HBAC Members</b>					

\*\$67 HBAC Members

## ART: PLAYGROUND

Children/siblings can explore their own artistic abilities in our free-flowing playground of art stations. Create masterpieces including wood crafts, canvas, paper projects and our exciting "Buried Treasure." Parent participation required for 4 and 5 year olds. Wear painting clothes. \$15 material fee due at first class.

Easel Does It			Lake Park Clubhouse		
5207.300	4yrs to 10yrs	7/11 - 8/15	11:00am-11:45am	M	\$54
5207.301	4yrs to 10yrs	7/12 - 8/16	11:00am-11:45am	Tu	\$54

## CHESS

Learn to play chess or improve your chess skills! New or experienced player welcome. A U.S. Chess Federation chess coach and referee will teach you the basic moves, chess tactics, strategies, and the official rules of tournament level chess. Class tournament on final day with awards. No class July 4th and 5th.



Bullock, James P.		Murdy Community Center Hall C&D			
5210.300	6yrs to 14yrs	6/20 - 8/15	5:15pm-6:45pm	M	\$90

Bullock, James P.		Edison Community Center Hall B			
5211.300	6yrs to 14yrs	6/21 - 8/16	5:15pm-6:45pm	Tu	\$90

## DANCE: BALLET

Challenge your child to develop rhythm, strength and coordination the fun way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. \$1 materials fee due at first class. No class July 4th.

Huntington Academy of Dance		Murphy Community Center Hall B			
5212.300	6yrs to 8yrs	7/11 - 8/8	4:00pm-5:00pm	M	\$50

Huntington Academy of Dance			Edison Community Center Hall B		
5213.300	5yrs to 7yrs	7/9 - 8/13	10:00am-11:00am	Sa	\$60
5213.301	6yrs to 8yrs	7/6 - 8/10	4:30pm-5:30pm	W	\$60

Huntington Academy of Dance				City Gym Room A	
5214.301	5yrs to 7yrs	7/7 - 8/11	4:00pm-5:00pm	Th	\$50

Huntington Academy of Dance			16601 Gothard St., Suite A		
5316.300	8yrs to 12yrs	7/6 - 8/10	6:30pm-7:30pm	W	\$60

## DANCE: CHOREOGRAPHY FOR YOUTHS

Want to create your own dance? Come join the excitement of choreography with certified dance instructor, Charletta Fry. She has over 15 years of experience choreographing and professionally performing choreography of others. You will learn the building blocks of basic technique. Its instruction is easy and fun!

Fry, Charletta			Harbour View Clubhouse		
5312.300	8yrs to 12yrs	6/24 - 8/5	3:30pm-4:30pm	F	\$77

## DANCE: HIP HOP

Learn some of today's hottest moves with certified dance instructor, Charletta Fry. She'll have you groovin to the latest beats and keep the excitement alive. Hip Hop with Jazz influence will be made easy and fun. Come see what the hype of Hip Hop is all about. Boys welcome too. No class Monday, July 4.

Fry, Charletta			City Gym and Pool Room A		
5218.301	5yrs to 7yrs	6/20 - 8/8	4:15pm-5:15pm	M	\$77
5218.302	8yrs to 11yrs	6/20 - 8/8	5:15pm-6:15pm	M	\$77
5218.303	5yrs to 7yrs	6/20 - 8/8	4:15pm-5:15pm	M	\$77

Fry, Charletta			Lake View Clubhouse		
5310.300	5yrs to 7yrs	6/22 - 8/3	1:30pm-2:30pm	W	\$77
5310.301	8yrs to 11yrs	6/22 - 8/3	2:30pm-3:30pm	W	\$77

## DANCE: POLYNESIAN YOUTH

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands!

Seanoa, Melody			Art Center Multipurpose		
5221.301	7yrs to 12yrs	6/21 - 8/9	5:00pm-6:00pm	Tu	\$107
*\$97 HBAC Members					

\*\$97 HBAC Members

## DANCE: TAP

Bring a friend and learn the basics of tap dancing in this fun class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making noise with their feet! Dance attire, please.

Huntington Academy of Dance		Murdy Community Center Hall A			
5330.300	7yrs to 12yrs	7/11 - 8/8	4:00pm-5:00pm	M	\$50

## Parks & Recreation...

## "BUILD STRONG BODIES"

...The Benefits Are Endless

# Youth Classes

## FITNESS: ZUMBA®TOMIC

Get ready to have a blast! Zumba®tomic brings all the excitement and great benefits of Zumba® fitness to kids. Kids will hip-hop, meringue, salsa, reggaeton, cumbia and calypso their way to increased muscle tone, body awareness and aerobic fitness in this fun filled class. Workout-type attire and tie shoes.

Foreman, Jill	City Gym Room A				
5304.300	7yrs to 12yrs	6/21 - 7/26	6:00pm-6:45pm	Tu	\$42
5304.301	7yrs to 12yrs	8/2 - 8/30	6:00pm-6:45pm	Tu	\$35
5304.302	7yrs to 12yrs	6/21 - 8/30	6:00pm-6:45pm	Tu	\$66

## GOLF: JR GOLF LESSONS

Come learn the basic skills of golf: grip, setup and etiquette. Contests, games, prizes and lots of fun while you learn. Class at Meadowlark Golf Course, 16782 Graham Street. Equipment available.

Evergreen, Alliance Golf	Meadowlark Golf Course				
5228.301	7yrs to 17yrs	6/21 - 7/2	4:00pm-5:00pm	Tu	\$99
5228.302	7yrs to 17yrs	8/2 - 8/23	4:00pm-5:00pm	Tu	\$99
5228.303	7yrs to 17yrs	7/9 - 7/30	12:30pm-1:30pm	Sa	\$99
5228.304	7yrs to 17yrs	8/13 - 9/3	12:30pm-1:30pm	Sa	\$99

## GYMNASTICS: CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus gymnastic skills great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! Prepare for cheer and all sports! \$2 material fee due at first class.

Tumble-N-Kids, Inc	City Gym Room B				
5225.300	6yrs to 12yrs	6/24 - 7/29	2:30pm-3:30pm	F	\$66

## GYMNASTICS: JAMMIN GYMNASTS

Girls and boys learn age-appropriate gymnastics skills, coordination, strength development, skill terminology and following directions. Cartwheels, round-offs, handstands, backbends, beam, trampoline and back-handspring barrel will be introduced. Obstacle courses and music make learning fun while progressive skill instruction creates confidence and success. \$2 material fee due at first class. No class July 2.

Tumble-N-Kids, Inc	Edison Community Center Hall A				
5327.300	7yrs to 14yrs	6/25 - 7/30	11:50am-12:50pm	Sa	\$56

Tumble-N-Kids, Inc	Murdy Community Center Hall B				
5331.300	7yrs to 14yrs	6/23 - 7/28	4:00pm-5:00pm	Th	\$66

## GYMNASTICS: KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 material fee due at first class.

Tumble-N-Kids, Inc	Murdy Community Center Hall B				
5227.300	4yrs to 6yrs	6/21 - 7/19	2:30pm-3:30pm	Tu	\$56
5227.301	4yrs to 6yrs	6/25 - 7/23	11:45am-12:45pm	Sa	\$56

Tumble-N-Kids, Inc	City Gym Room B				
5293.300	4yrs to 6yrs	6/24 - 7/29	1:30pm-2:30pm	F	\$66

## GYMNASTICS: PLUS

This class offers girls and boys gymnastic skills plus music, fun, and great exercise! Experienced coaches safely teach all levels. Students learn cartwheels, round-offs, backbends, splits, balance beams, back-handsprings, and more. Progressive skill level instruction creates confidence, success and prepares kids for all sports \$2 material fee due at first class. Non-parent participation.

Tumble-N-Kids, Inc	Murdy Community Center Hall B				
5226.300	6yrs to 12yrs	6/21 - 7/19	3:30pm-4:30pm	Tu	\$56

Tumble-N-Kids, Inc	Edison Community Center Hall A				
5297.300	6yrs to 12yrs	6/22 - 7/27	3:30pm-4:30pm	W	\$66

## KARATE: JUNIOR TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence and discipline. Uniforms will be made available for purchase from instructor. No class Monday July 4th.

Tillehkooh, Kiavash	City Gym and Pool Room B				
5229.301	6yrs to 9yrs	6/20-8/29	5:45pm-6:30pm	M	\$110
5229.302	6yrs to 9yrs	6/21-8/30	5:45pm-6:30pm	Tu	\$119
5229.303	6yrs to 9yrs	6/22-8/31	5:45pm-6:30pm	W	\$119
5229.304	6yrs to 9yrs	6/23-9/1	5:45pm-6:30pm	Th	\$119

## KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class July 4th.

Tillehkooh, Kiavash	City Gym and Pool Room B				
5231.301	10yrs to 17yrs	6/20-8/31	6:30pm-7:15pm	M W	\$133
5231.302	10yrs to 17yrs	6/21-9/1	6:30pm-7:15pm	Tu Th	\$139
5231.303	10yrs to 17yrs	6/20-8/30	6:30pm-7:15pm	M Tu	\$133
5231.304	10yrs to 17yrs	6/22-9/1	6:30pm-7:15pm	W Th	\$139

## KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Betance, Justin	Murdy Community Center Hall B				
5232.300	5yrs to 10yrs	6/22 - 8/25	5:30pm-6:30pm	W Th	\$150
5232.301	11yrs to 16yrs	6/22 - 8/25	6:30pm-7:30pm	W Th	\$150

## KARATE: TRADITIONAL JAPANESE KARATE-DO BEGINNING

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Nishimura Shoji, Wadoryu USA	Edison Community Center Hall A				
5230.300	8yrs to 14yrs	6/23 - 9/1	5:45pm-6:30pm	Th	\$89
5230.301	8yrs to 14yrs	6/24 - 9/2	5:45pm-6:30pm	F	\$89
5230.302	8yrs to 14yrs	6/23 - 9/2	5:45pm-6:30pm	Th F	\$109

## KARATE: TRADITIONAL JAPANESE KARATE-DO NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Nishimura Shoji, Wadoryu USA	Edison Community Center Hall A				
5259.300	8yrs to 14yrs	6/23 - 9/1	5:45pm-6:30pm	Th	\$89
5259.301	8yrs to 14yrs	6/24 - 9/2	5:45pm-6:30pm	F	\$89
5259.302	8yrs to 14yrs	6/23 - 9/2	5:45pm-6:30pm	Th F	\$109

## Parks & Recreation...

## "Create Memories"

...The Benefits Are Endless

No classes July 4

# Youth Classes

## KARATE: TRADITIONAL JAPANESE KARATE-DO INTER/ADV

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Nishimura Shoji, Wadoryu USA Edison Community Center Hall A

5257.300	8yrs to 18yrs	6/23 - 9/1	6:30pm-7:45pm	Th	\$115
5257.301	8yrs to 18yrs	6/24 - 9/2	6:30pm-7:45pm	F	\$115
5257.302	8yrs to 18yrs	6/23 - 9/2	6:30pm-7:45pm	Th F	\$135

## KARATE: YOUNG CHAMPIONS, SELF-DEFENSE + SAFETY

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts.

Young Champions Recreation Program Murdy Community Center Hall A New Student

5272.300	5yrs to 15yrs	6/24 - 9/2	5:15pm-5:55pm	F	\$77
Orange Belt					
5272.302	5yrs to 15yrs	6/24 - 9/2	6:45pm-7:25pm	F	\$77
Purple Belt & above					
5272.303	5yrs to 15yrs	6/24 - 9/2	7:30pm-8:10pm	F	\$77
Yellow Belt					
5272.301	5yrs to 15yrs	6/24 - 9/2	6:00pm-6:40pm	F	\$77

## MUSIC: BEGINNING VOICE CLASSES

Students are taught basic theatre skills as well as vocal techniques and put them into practice in a small scale-musical play. A performance for family and friends will be held at the end of the session. \$25 materials fee due at first class. No class July 4<sup>th</sup>.

Kids Music N' Motion Harbour View Clubhouse

5328.300	5 yrs to 8 yrs	6/20-8/15	4:30pm-5:15pm	M	\$125
5328.301	9 yrs to 13 yrs	6/20-8/15	5:15pm-6:00pm	M	\$125

## MUSIC: INTRO TO GLEE CLUB

Have you always wanted to sing like a pro? The Rockstars Glee Club offers performance opportunities all over HB! This four week introductory class will give you all the tools necessary to find your true voice! \$10 material fee due at first class. No class July 2 & 9.

Rockstars, Music Studios 18582 Beach Bl. #214

5311.300	9yrs to 13yrs	6/25 - 7/30	3:30pm-4:00pm	Sa	\$55
5311.301	9yrs to 13yrs	8/6 - 8/27	3:30pm-4:00pm	Sa	\$55

## MUSIC: MUSICAL THEATER

Students are taught basic theatre skills as well as vocal techniques and put them into practice in a small scale-musical play. A performance for family and friends will be held at the end of the session. \$25 materials fee due at first class. No class July 4<sup>th</sup>.

Kids Music N' Motion Harbour View Clubhouse

5332.300	9 yrs to 12 yrs	6/20-8/15	3:45pm-4:30pm	M	\$125
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## MUSIC: ROCKSTAR GUITAR

Learn rhythm guitar, chords, hand technique, and fun music. This class will guide you through the steps of music theory and becoming an accomplished guitarist. It is definitely an exciting class for beginners. \$10 material fee due at first class. Please bring your own guitar and see receipt for materials list. No class July 2 & 9.

Rockstars, Music Studios 18582 Beach Bl. #214

5243.301	8yrs to 12yrs	6/25 - 7/30	10:10am-10:40am	Sa	\$55
5243.302	8yrs to 12yrs	8/6 - 8/27	10:50am-11:20am	Sa	\$55

## MUSIC: ROCKSTAR PIANO

Learn piano the right way from the start! How to read music, play scales, songs, chords, and have fun doing it. We will cover everything you will need to know to be a great Pianist. Parents are encouraged to participate with their child's practice at home. \*See receipt for materials list. \$10 material fee due at first class. No class July 2 and 9.

Rockstars, Music Studios Rockstars Studios 18582 Beach Bl. #214

5244.301	7yrs to 12yrs	6/25 - 7/30	9:30am-10:00am	Sa	\$55
5244.302	7yrs to 12yrs	8/6 - 8/27	9:30am-10:00am	Sa	\$55

## SUMMER SAILING SCHOOL: BEGINNING SAILING

Give your kids the gift of summer fun while learning to sail. The HHYC has a terrific sailing school for students 6 to 18. Students learn the fundamentals of sailing, racing, and sportsmanship. They will develop teamwork, independence, and confidence in an environment where water safety is our number one concern. Classes take place at Huntington Harbour Yacht Club in Huntington Beach. Boat rental is \$150.

5324.300	6-7yrs	6/21-7/15	9:00am-12:00pm	W,F	\$265
5324.301	8-18yrs	6/21-7/15	9:00am-12:00pm	T-F	\$500
5324.302	8-18yrs	6/21-7/29	9:00am-12:00pm	T-F	\$575

## SUMMER SAILING SCHOOL: INTERMEDIATE SAILING

Give your kids the gift of summer fun while learning to sail. The HHYC has a terrific sailing school for students 6 to 18. Students learn the fundamentals of sailing, racing, and sportsmanship. They will develop teamwork, independence, and confidence in an environment where water safety is our number one concern. Classes take place at Huntington Harbour Yacht Club in Huntington Beach. Boat rental is \$150.

5324.303	8-18yrs	6/21-7/15	1:00pm-4:00pm	T-F	\$500
5324.304	8-18yrs	7/5-7/29	1:00pm-4:00pm	T-F	\$575

## SKATEBOARDING BIRTHDAY PARTY

You and your friends can celebrate your birthday riding ramps and rails while getting skateboarding tips from an experienced instructor at the Skatedogs private skate park. Party includes a Skatedogs T-shirt for the birthday boy or girl. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet. Please contact Adam for booking questions and options 562-343-1095.

Skatedogs, Adam Cohen Sports Complex Parking Lot

5280.301	5yrs to Adult	6/20 - 6/24	10:00am-11:30am	Su M F	\$275
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## SKATING: ICE HOCKEY SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class June 29th and July 2nd.

Westminster Ice 13071 Springdale, Westminster

5295.301	6yrs to 16yrs	6/22 - 7/20	5:30pm-6:00pm	W	\$35
5295.302	6yrs to 16yrs	6/25 - 7/23	10:45am-11:15am	Sa	\$35
5295.303	6yrs to 16yrs	8/3 - 8/24	5:30pm-6:00pm	W	\$35
5295.304	6yrs to 16yrs	8/6 - 8/27	10:45am-11:15am	Sa	\$35

## SKATING: ICE SKATING BEGINNING

Catch the Olympic Sprit! Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class June 29th and July 2nd.

Westminster Ice 13071 Springdale, Westminster

5271.301	6yrs to 16yrs	6/22 - 7/20	5:30pm-6:00pm	W	\$35
5271.302	6yrs to 16yrs	6/25 - 7/23	10:45pm-11:15pm	Sa	\$35
5271.303	6yrs to 16yrs	8/3 - 8/24	5:30pm-6:00pm	W	\$35
5271.304	6yrs to 16yrs	8/6 - 8/27	10:45am-11:15am	Sa	\$35



## Youth Classes

### SKATING: OC ROLLER KIDS

A fun way to keep your kids physically fit while building their confidence in roller skating. Students skate around the park performing various skating drills. Skaters to wear roller skates (no inlines or blades) and protective gear- helmet, knee pads, elbow pads, and wrist guards. Contact instructor for more info. All students receive a free T-shirt.

Parra, Elena Edison Community Center Patio

5249.300	6yrs to 13yrs	6/25 - 7/23	10:00am-11:00am	Sa	\$50
5249.301	6yrs to 13yrs	8/6 - 9/3	10:00am-11:00am	Sa	\$50

### SPANISH FOR FUN AND FOREVER

This program is fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Edison Community Center Hall B

5252.300	5yrs to 8yrs	7/12 - 8/30	3:15pm-4:00pm	Tu	\$92
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Blades, Murnez Murdy Community Center Hall D

5253.300	5yrs to 8yrs	7/11 - 8/29	3:15pm-4:00pm	M	\$92
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### SPANISH FOR FUN AND LIFE GRADES 5-8

A fun and interactive class, this conversational class is packed with visuals, songs, rhythms and learning games for rapid recall. Methods are based on recent brain research regarding language acquisition and taught by a credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Murdy Community Center Hall C&D

5283.300	10yrs to 13yrs	7/11 - 8/29	4:00pm-5:00pm	M	\$92
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### SPEED AND AGILITY: TRAINING CAMP FOR ATHLETES

A training camp focusing on acceleration, top speed sprint mechanics, explosive power, and multi-directional speed capability. Athletes participating in basketball, baseball, football, soccer, volleyball, tennis, softball, and lacrosse will benefit from this training camp. Classes will be held at the sports complex on the artificial turf sports fields.

Natzel, Robert Sports Complex Tournament Fields

5284.301	10yrs to 12yrs	6/25 - 7/30	2:00pm-3:00pm	Sa	\$126
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5284.302	14yrs to 18yrs	6/23 - 7/28	2:00pm-3:00pm	Th	\$126
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### SURFING: BEGINNER

Are you ready to take your skills to the next level? This 1-hour class is designed for beginners, and will help you improve your board riding ability, master basic skills and understand the ocean better. Must be at least 8 and proficient ocean swimmer. Boards/wetsuits can be provided.

Sharp, Bill Beach Service Center - south side of pier

5322.300	8yrs to 16yrs	9/7 - 9/28	3:00pm-4:00pm	W	\$120
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### SURFING: INTERMEDIATE/ADVANCED

Do you want to take your surfing to the next level? World-renowned coach Bill Sharp will offer afternoon sessions for intermediate to advanced surfers who desire to improve their skills and learn competitive structure. Class meets for one hour, two times a week.

Sharp, Bill Beach Service Center - south side of pier

5323.300	10yrs to 16yrs	9/6 - 9/29	3:00pm-4:00pm	Tu Th	\$240
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### YOGA: LITTLE YOGA MONKEYS

Little Yoga Monkeys is a uniquely designed program that introduces yoga to children ages 2 thru 7 in a fun way. A certified yoga instructor weaves animal name yoga postures into fun animal stories. Children get to use their imagination and creativity while joyfully mimicking animals, accompanied by theme and age appropriate music.

Little Yoga Monkeys Staff Lake View Clubhouse

5318.301	6yrs to 7yrs	6/22 - 7/13	12:00pm-12:30pm	W	\$43
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5318.302	6yrs to 7yrs	7/20 - 8/10	12:00pm-12:30pm	W	\$43
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5318.303	6yrs to 7yrs	8/17 - 9/7	12:00pm-12:30pm	W	\$43
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No classes July 4

## Adult & Teen Classes

### AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental fee of \$3 per class to be paid each class.

Lowry, Dawnnette City Gym Pool

4314.303	12yrs to Adult	6/24 - 9/2	6:45am-8:00am	F	\$106
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4314.301	12yrs to Adult	6/20 - 8/29	8:15am-9:25am	M	\$97
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4314.302	12yrs to Adult	6/22 - 8/31	8:15am-9:25am	W	\$106
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### AQUATIC EXERCISE: AQUA EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

Lowry, Dawnnette City Gym Pool

4311.301	12yrs to Adult	6/24 - 9/2	5:30pm-6:30pm	F	\$83
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### AQUATIC EXERCISE: AQUA RHYTHMS

Work your body while having fun in this high energy Aquatic class. Combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away!

Thurn, Debra City Gym Pool

4466.301	Adult	6/24 - 9/2	1:15pm-2:00pm	F	\$89
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### AQUATIC EXERCISE: AQUA SCULPT

This class is a fun and enjoyable way to tone and sculpt your body. By combining a cardiovascular, fat burning workout, resistive bands, and resistive paddles, you will achieve muscle definition and strength. Perfect for people with a positive attitude towards health and fitness. No class July 4th.

Thurn, Debra City Gym Pool

4493.301	Adult	6/20 - 8/31	1:15pm-2:00pm	M W	\$153
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### AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class July 4th.

Lowry, Dawnnette City Gym Pool

4312.301	12yrs to Adult	6/20 - 8/31	7:00am-8:00am	M W	\$146
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4312.302	12yrs to Adult	6/21 - 9/1	7:00am-8:00am	Tu Th	\$153
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4312.303	12yrs to Adult	6/21 - 9/1	8:20am-9:20am	Tu Th	\$153
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4312.304	12yrs to Adult	6/20 - 8/31	7:00am-8:00am	M	\$76
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4312.305	12yrs to Adult	6/22 - 8/31	7:00am-8:00am	W	\$83
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4312.306	12yrs to Adult	6/24 - 9/2	8:20am-9:20am	F	\$83
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4312.307	12yrs to Adult	6/25 - 9/3	7:00am-8:00am	Sa	\$83
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### AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class July 4th.

Zsach, Alicia City Gym Pool

4310.301	13yrs to Adult	6/20 - 8/29	5:25pm-6:25pm	M	\$75
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4310.302	12yrs to Adult	6/22 - 8/31	5:25pm-6:25pm	W	\$82
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4310.303	13yrs to Adult	6/20 - 8/31	5:25pm-6:25pm	M W	\$152
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